



Conz Street CHRONICLE

Issue No. DHG171

NEWSPAPER OF NORTHAMPTON SENIOR SERVICES & SENIOR CENTER

March 2015

67 Conz St., Northampton, MA 01060

website www.northamptonma.gov/713/Council-on-Aging and Like us on Facebook - Northampton Council on Aging & Senior Center

Northampton Senior Services & Senior Center
67 Conz Street
Northampton, MA 01060
(413) 587-1228

www.northamptonma.gov/713/Council-on-Aging

Hours:
Monday-Friday
8:15-4:00

NCOA

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Fitness Center Assistant

Anthony Neverson
Fitness Center Assistant

Corned Beef & Cabbage Dinner

by Patricia Shaughnessy

A Corned Beef and Cabbage Dinner will be held on Sunday, March 15th with dinner served at 12:00 noon. Who doesn't want corned beef and cabbage and all the fixings to celebrate the "wearing of the green" in the month of March. Paul Diemand and John Kaczinski, Jr., well known masters in the kitchen, will be cooking this delicious meal. Irish music will be provided by the band "The Pikeys." You can be sure of good food and a good time. Tickets are only \$10.00 per person and available at the Northampton Senior Center during regular business hours, 8:15 am - 4:00 pm. Tables can be reserved for parties of 8. Tickets will not be available at the door. Proceeds benefit the "Kick the Tires" van campaign. For more information call Patte Shaughnessy, Senior Services Director at 413-587-1231.



Entertainment will be provided by
"The Pikeys"

A four piece traditional Irish Band.
All members are from the United Kingdom.
Two are from Ireland, One from Scotland and
One from England.



Celebrate!



Corned Beef & Cabbage Dinner

Sunday, March 15, 2015
Serving at 12:00 noon
(doors open at 11:15 am)
Northampton Senior Center
67 Conz St.

\$10.00 per person
Advance tickets only.
Public is invited to attend.
Sorry - no take out orders

Music by
"The Pikeys"

**Proceeds benefit the
"Kick the Tires" new van campaign**

For more information call Patricia Shaughnessy, Director
at 413-587-1231



13th Annual Health & Safety Fair

Thursday, May 7, 2015

10:00 am - 2:00 pm

at Northampton Senior Center

67 Conz Street

Open to the public and over 65 exhibitors



"Kick the Tires" Van Campaign Donors

Donations in any amount are gladly accepted to support the "Kick the Tires" Van Campaign

Donors since the February 2014 issue of Conz Street Chronicle:

Bruce Callahan & Tom Gagnon
Ted & Joanne Parsons in memory of Jean McDonald
John Modestow
Ginger & Brad McGrath
Shirley Bak
Elaine Ciampa
Mary & Alice Toohey

From an anonymous donor, a gift of \$10,000

**Donations to the "Kick the Tires" Van Campaign
In Memory of Barbara Vacchelli**

Dorothy Asher
A Friend of Barbara Vacchelli
Deborah M. Lawton
David & Jeanne Bridgman
Frank & Ruth Fleury
Stasia Mott
Joan M. Newton
Grace Romanowski
Patricia A Laurin
Susan E. Nehring
Nancy & Don Graham
Patte Shaughnessy & Harry Petrucci
Theresa Dunn



Thank you for your donations. If you haven't contributed yet, please consider making one. Seniors need a lift van to provide them with much needed access to transportation.

**Total Raised to date
\$31,777.30
Thank You!**

**Please donate to
"Kick the Tires"
Van Campaign
Your donations
will
assist in the purchase of a new van for
transportation for
the seniors in
our community**

Caregiver Support Group at Northampton Senior Center

by Galina Abashina
Edited by Joanne Brooks

Are you caring for a parent, spouse or loved one? Are you feeling overwhelmed as you try to balance your needs along with the needs of you loved ones?

Join a Jewish Family Service (JFS) Caregiver Support Group. We are now accepting new participants. The Northampton area group which will be meeting on Tuesdays from 10:00-11:30 am at the Northampton Senior Center, 67 Conz Street, Northampton. The Caregiver Support Group

provides a place to reduce caregiver isolation, receive support, explore relevant topics, discover resources, and share coping strategies. Groups are facilitated by Cathy Chandler, LICSW, a Clinical Social Worker at JFS with 20 years of experience in elder care.

Join us to network, support and learn from other caregivers. To register or for more information, please call Cathy Chandler, 413.455.1936 x104 or email c.chandler@jfswm.org

Visit Our Gift Shop

Open Monday - Friday
8:15 am - 4:00 pm

Greeting Cards, Scarves, Books,
Jewelry, Doll Clothes,
Stationary and so much more!

Where To Find Help- *Information about Local Services Available - Call 413-587-1228 for details*

Caregiver Grants: Senior Services of the City of Northampton in conjunction with Left Hand Benefits, has implemented a grant program available to primary caregivers of individuals 60 and over through the Neil McManus Memorial Fund. Grant applications are available through Senior Services of the City of Northampton, Highland Valley Elder Services and Franklin County Home Care. For more information contact Michele at 413- 587-1226.

Senior Gay Men’s Drop-in Group: The Senior Gay men’s drop in group meets Fridays from 1:00- 3:00 p.m. unless otherwise posted. This is a peer lead drop in group, registration is not required.

S.H.I.N.E (Serving Health Information Needs of Everyone) Appointments available most Thursdays 1:00 – 3:00 p.m., individuals must call 587-1228 to make an appointment.

Hampshire County Interfaith Help Fund: Interfaith emergency assistance is staffed by members of affiliated religious organizations and supported by the participating religious societies and by individual donations. Office hours are held at Senior Services of the City of Northampton Tuesdays only from 1:00- 3:00 p.m. No phone calls please. Walk-ins only. October through May

Medical Transportation program: Available for Northampton residents 60 + who have no transportation and do not have a formal support system such as, community living, retirement facility or family member who drives. Pre-registration is required to participate in the program. Contact Helen Roman Walters to pre-register at 413-587-1301.

Medical Equipment: Senior Services of the City of Northampton has a small collection of medical equipment that can be borrowed by any Northampton individual 60 and over for a small sanitizing fee. Please call 413-587-1228.

Brown Bag Food for Elders - Brown Bag pick up is the second Thursday of each month from 10:00 -11:00 a.m. unless otherwise noted. If you are unable to pick up your bag please arrange for

someone else to do so. Brown bags may contain perishable goods and Senior Services of the City of Northampton is unable to store your bag. If you are interested in participating in this program please contact the Western Mass Food Bank at (800) 247-9632 or drop by the Northampton Senior Center and pick up an application.

Free meals in the Northampton area:
Florence Congregational Church: (413) 584-1325
Northampton—MANNA Soup Kitchen—Elm St: (413) 584-1757
Northampton—MANNA Soup Kitchen—Main St: (413) 584-5500

Here are some programs that provide FREE* Emergency Groceries:
Florence Starlight Center Pantry: (413) 586-8255
Leeds—Soldier On Pantry: (413) 588-4232
Northampton—SRO Outreach Pantry: (413) 584-4457
Northampton—Northampton Survival Center: (413) 586-6564
Income and/or residency requirements may apply to pantries. If you would like a hot meal you may receive one, no questions asked, at any of the meal sites listed here. Please contact the program for details

If you are struggling with your food needs, you may also be eligible for the SNAP program (formerly Food Stamps), which provides money for groceries to low-income individuals and families.

Low Vision Support Group: The Low Vision Support Group meets the first Wednesday of the month, at Senior Services of the City of Northampton, March through December, from 12-2 p.m. unless otherwise noted. Call 587-1226 for more information contact Michele Dihlmann mdihlmann@northamptonma.gov

Medicare: All your Medicare questions can be answered by calling 1-800-MEDICARE (1-800-633-4227) TTY 1-877-486-2048 for specific billing questions and questions about your claims, medical records, or expenses, visit MyMedicare.gov, or call 1-800-MEDICARE.

Massachusetts Senior Care Association: Helping you find the care in the community you need in Massachusetts call 617-558-0202 or e-mail www.maseniorcare.org

Community Resources and Advocacy (formally First Call for Help)
For information about food assistance, heating oil, housing, health care, and much more, call one of the following numbers:
(Hampshire County) 413-582-4237 or 1-800-339-7779

Hampshire Elder Law Program - Hampshire County Bar Association 15 Gothic Street, Suite 10 Northampton 413-586-8729, providing civil legal services to Hampshire County elders

Foreclosure Prevention: Home Corps Foreclosure Prevention & Post – Foreclosure Services. If you are struggling to pay your mortgage or are facing foreclosure, Community Action, in partnership with the Attorney General’s office is offering assistance by appointment only. Call for an appointment 413-582-4237

Social Security: How do I schedule, reschedule, or cancel an appointment?
We currently do not have an online appointment scheduler. However you do not need an appointment to file for benefits or appeal a disability decision. You can file for the following benefits online:
• Retirement
• Medicare
• Disability.
If you do not want to apply for benefits online, you can schedule, reschedule or cancel an appointment by:
• Calling us at 1-800-772-1213 (TTY 1-800-325-0778) between 7 a.m. to 7 p.m., Monday through Friday; or
• Contacting your local Social Security office. 200 High Street Holyoke ,MA (877)480-4989
Local Office at 200 High St. #2, Holyoke, MA (877) 480-4989

Foot Care: Dr. Michael Coby offers foot care on the third Wednesday of each month from 9:40 -

12:30 p.m. There is a \$ 25.00 fee for this service call 413-587-1228 to schedule an appointment.

Blood Pressure Clinic: Screenings are provided by the Cooley Dickinson Hospital Nurses Auxiliary the first Tuesday of each month from 10:00– 12:00. Open to the public, no appointment necessary.

Salvation Army: Emergency service available for Northampton individuals 60 years and over at the Northampton Senior Center by appointment. Call 413-587-1226 for more information.

PVTA Fares assistance: Senior Services of the City of Northampton program to assist qualified Northampton Seniors over 60 or disabled Northampton residents, with purchasing tickets for the PVTA, ADA & Dial-A-Van program. Applications available at the Northampton Senior Center.

Highland Valley Elder Services: Highland Valley Elder Services (HVES) is a private, not-for-profit corporation that serves seniors age 60 and older, their families and caregivers in twenty-four communities in Hampshire and Hampden counties of Western Massachusetts. To contact HVES call at, 413-586-2000.

Caregiver Support Group: This group is sponsored by Jewish Family Services of Western Massachusetts and will start Tuesday March 3rd at 10:00 am and each Tuesday 10:00 am at Northampton Senior Services & Senior Center, 67 Conz St. Please call Cathy Chandler at 413-455-1936 ext. 104 to register.

Watch the Conz Street Chronicle, Facebook (Northampton/COA), local media, and our website www.northamptonma.gov/713/Council-on-Aging for announcements of new programs, events and services.

Bad Weather—Is the Senior Center Opened or Closed?

The best suggestion we can make is to call the Senior Center at 587-1228 (the main line) to inquire if the Senior Center is open or not. There will be a recording by 7:30 am to let you know if programs or services are cancelled or if there is a delay in opening for the day. In most cases you can watch television channels 3, 22 and 40 (Comcast channels 3, 5 and 4) for weather related postings as well as radio station WHMP-1400. The announcements and postings may not always show up quickly due to the high volume of agencies and organizations using these wonderful media outlets.

Realize as well, that the Northampton Schools may be closed but it does not mean that the Senior Center or other city departments are automatically closed. There are many factors taken into consideration when either closing the Senior Center or having a late opening. The Senior Center relies on one city department to plow our parking lots and another to provide the sanding. It is important to be sure that streets are cleared for travel and that our parking lots and sidewalks are safe for everyone. Though many of us may be hardy New Englanders, ice and snow can be unpredictable beneath our feet and vehicle tires.

When there is a storm and you are heading to the Senior Center, please park in the rear parking lot in either the far right or the far left row so the lot can be accessible to snow plows.

So, before heading down to the Senior Center please take a few minutes to be sure the Senior Center is open or if there is a late opening.

Conz Street Chronicle
Northampton Senior Services & Senior Center
67 Conz Street
Northampton, MA 01060
Phone: 587-1228 Fax: 587-1233
www.northamptonma.gov/713/Council-on-Aging and on Facebook/ NCOA

Conz Street Chronicle is a bi-monthly publication of Northampton Senior Services & Senior Center. The paper is delivered to more than 4,200 households. It is funded by donations, advertisers and the City of Northampton.

Conz Street Chronicle staff includes Jim Spencer, and occasional contributors, Senior Services staff as well as other city departments and organizations provide columns and information, along with Conz Street Chronicle staff. All work is published at the editor’s discretion.

Disclaimer: Any opinions expressed, information offered, businesses, candidates or services advertised in Conz Street Chronicle do not constitute an endorsement or recommendation by Conz Street Chronicle, The City of Northampton, Northampton Senior Services & Senior Center. or any of its employees. Conz Street Chronicle assumes no liability for any inaccuracies, omissions or misunderstandings. Conz Street Chronicle, and the Northampton Senior Services & Senior Center and their employees are not responsible for any claim, loss or damage resulting from Conz Street Chronicle use. Conz Street Chronicle does not endorse any specific products or services provided by public or private organizations.

NCOA & SENIOR CENTER
MISSION STATEMENT

Northampton Senior Services & Senior Center, is dedicated to enhancing the quality of life for the City’s elders, ages 60 and over, with some programs and activities available to those 55-59 years of age. Every elder is a valued member of the community and has the right to a life of dignity while maintaining a maximum level of independence. To meet this goal, Northampton Senior Services & Senior Center identifies needs and provides a range of programs, activities and services to address those needs. Northampton Senior Services & Senior Center, serves as a community focal point around issues of aging and is a liaison to local, state and federal resources for elders and their families.

WISH LIST

Cans of regular & decafinated coffee
White Board Markers
Fancy Tea Cups and Saucers
Rolls of Paper Towels
Jewelry-all types old & new
New items for the Gift Shop
Door-prize items
Dish and Laundry detergent
Gently used items for the Mini-Sale table

Many thanks to those who contribute items from our wish list!

Preventing Falls Among Older Adults Educational Series

Unintentional falls are a threat to the independence and health of adults ages 65 and older. Every 18 seconds, an older adult is treated in an emergency department for a fall, and every 35 minutes someone dies as a result of their injuries.


Although one in three older adults falls each year in the United States, falls are not an inevitable part of aging. Falls are often preventable through strengthening and balance training, education, and improving home safety. These proven prevention strategies can help older adults live longer, have greater independence and increase the chance of remaining in their own homes.

The Cooley Dickinson VNA & Hospice in cooperation with the Northampton Senior Center would like to invite you to participate in a free educational series of six “Falls Prevention” sessions at **the Northampton Senior Center from 1:45 to 2:45p.m. on Wednesdays – March 11, 18, 25, April 1, 8, 15.** VNA physical and occupational therapists will lead sessions on determining your own risk of falling, strengthening exercises, balance activities, managing your medications, visual concerns, and home safety recommendations.

To reap the full benefits of this program, participants will be asked to commit to attending all 6 one-hour sessions. Practical items such as strengthening devices, medication organizers and visual aids will be distributed to series participants. The sessions and items are free of charge; private grant funds received by the VNA are covering the program costs.

Please contact the **Northampton Senior Center at (413) 587-1228** for more information and to register.

Meet One of the Staff...



Michele Dihlmann

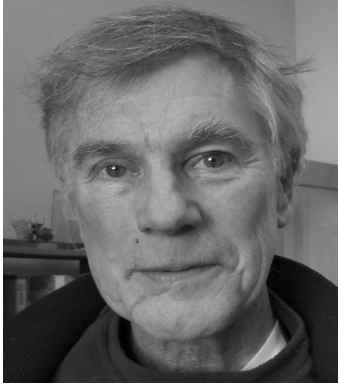
Hi, I am Michele Dihlmann a Licensed Social Worker and certified SHINE Counselor for Northampton Senior Services & Senior Center. My position here at Northampton Senior Services & Senior Center has many aspects to it; I am involved in social service programming and in-services which includes the Brown Bag program, Low Vision Support Group, and informational services on various health related topics. I provide counseling to individuals and their families for those 60 years of age and older. I also assist individuals and their families how to navigate the many aspects of senior living and provide information, referrals, and application assistance to seniors for the many local community programs that are available.

I have a Bachelors Degree in Social Work with a minor in Health, from Middle Tennessee State University, and I am currently working on a Masters certificate in Behavior Management through The University of Massachusetts Lowell.

I love to learn new things, have taken classes and instructions in many things including, karate, photography, real estate and the most recent was a motorcycle safety class to learn how to ride my Harley Davidson motorcycle, which happens to be my favorite thing to do.

I am inspired by the wonderful people that I meet each day at the Senior Center, who do not let the number of years in their age stop them from learning something new each day.

Meet One of the Many Participants at the Senior Center...



Name: John Broglio
About You: I am a software designer, fiction writer, ex-actor, ex-musician. Married. A Northampton resident for 37 years. I like to read, travel, go to concerts, play tennis.
What brought you to the Senior Center: Originally the exercise center machines. I’ve only been on the machines twice, but I attend exercise classes every week.
How long have you been participating in programs at the Senior Center: about eight months. Although I participated in some Senior Center travel tours (Cape May) several years ago.
Parting thoughts: The exercise classes are a life saver. I used to exercise a lot (yoga, t’ai chi, dance, etc.), But in the last decade, work (and possibly statins) have reduced my energy and motivation. Working out with a group and having someone knowledgeable tell me what to do next gives me the motivation I need. Exercise has motivated me to diet, so I’ve lost about 15 pounds since July.

All the seniors in our extended Northampton family are now attending exercise classes at the Senior Center.

I also enjoy the permanent used book sale tables. I’m looking forward to spending time in the library and at other functions here.

March 2015 Calendar of Programs and Events

Call Senior Services at 413-587-1228 if you have any questions or check the website at www.northamptonma.gov/713/Council-on-Aging
Please note that programs, dates, times may change or be cancelled and fees may change without notice.

Programs requiring pre-registration are marked with a double asterisk symbol: *
please register before the first class.
Please note that programs requiring pre-registration may be canceled if minimum numbers are not met.

Monday March 2

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:30 Creative Writing
10:30 Low impact 2
11:00 Computer Tutor
1:00 NeedleWorkshop

Tuesday March 3

8:45 Strength & Stretch
9:30 Cup of Conversation
10:00 Caregiver Support Group*
10:00 Stretch & Tone*
10:00 PVTa Photo ID
10:00 Blood Pressure Clinic
10:30 PC one on one by appt
12:30 Sewing Workshop
1:00 Interfaith Help Fund
7:15 Evening Yoga

Wednesday March 4

8:20 Dynamic Fitness DVD
9:00 Beginning Digital Photography
9:15 Veteran's Benefits Services
9:30 Low Impact 1
10:30 Low impact 2
10:30 PC one on one by appt
11:00 Int/Advanced Digital Photography
11:30 Beginner Tap*
12:00 Low Vision
12:30 Zumba Gold*
12:30 Cribbage
1:00 Scrabble
1:00 Timeless Tunes

Thursday March 5

8:45 Strength & Stretch
10:00 Stretch & Tone*
10:00 Wisdom Project
10:00 Walking Group
10:00 Knitting Drop In
10:30 PC one on one by appt
11:30 3rd year tap
12:30 2nd year tap
12:30 SHINE- *By appointment only*
1:00 Mahjongg
1:30 Intermediate Tap
1:30 BINGO
2:45 Tai Chi*

Friday March 6

8:20 Dynamic Fitness DVD
9:00 Benefits Counseling with Deb Hollingworth
9:30 Low Impact 1
10:30 Low impact 2
10:30 Nutritional Outreach Program
10:30 PC one-on-one by appt
12:30 Open Senior Bowling at Canal Lanes
1:00 Photo Club
1:00 Gentle Chair Yoga
1:00 Contract Bridge
1:00 Senior Gay Men's Drop-in Group
2:45 Yoga

Monday March 9

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:30 Creative Writing
10:30 Low impact 2
11:00 Computer Tutor
1:00 NeedleWorkshop
1:30 Board Games
2:00 Music of A.B. Jenkins-Acoustic 12 string
2:30 Cooking with Calvin

Tuesday March 10

8:45 Strength & Stretch
9:30 Cup of Conversation
10:00 Caregiver Support Group
10:00 Stretch & Tone*
10:00 Walking Group
10:30 PC one on one by appt
12:30 Sewing Workshop
1:00 Trivial Pursuit Tuesdays
1:00 Interfaith Help Fund
1:30 Author Dusty Miller: "Danger At The Gates"*
1:30 Financial Education: Take Stock in the Market*
7:15 Evening Yoga

Wednesday March 11

8:20 Dynamic Fitness DVD
9:00 Beginning Digital Photography
9:30 Low Impact 1
10:30 Low impact 2
10:30 PC one on one by appt
11:00 Int/Advanced Digital Photography
11:30 Beginner Tap*
12:30 Zumba Gold*
12:30 Cribbage
1:00 Scrabble
1:00 Timeless Tunes at Overlook
1:45 Preventing Falls Among Older Adults Presentation
2:00 The Poetry of Growing Older w/ John Berkowitz & Daisy Mathias
2:45 Feldenkrais

Thursday March 12

8:45 Strength & Stretch
10:00 Brown Bag
10:00 Stretch & Tone*
10:00 Wisdom Project
10:00 Walking Group
10:00 Knitting Drop In
10:30 PC one on one by appt
11:30 3rd year tap
12:30 2nd year tap
12:30 SHINE- *By appointment only*
1:00 Mahjongg
1:00 Readers & Thinkers: "The Maltese Falcon"
1:30 NCOA Board Meeting

1:30 Intermediate Tap
1:30 BINGO
2:45 Tai Chi*

Friday March 13

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:30 Nutritional Outreach Program
10:30 Low impact 2
10:30 PC one-on-one by appt
12:30 Open Senior Bowling at Canal Lanes
1:00 **Film Noir***
1:00 Gentle Chair Yoga
1:00 Contract Bridge
1:00 Senior Gay Men's Drop-in Group
2:45 Yoga

Monday March 16

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:30 Creative Writing
10:30 Low impact 2
11:00 Computer Tutor
1:00 NeedleWorkshop
1:00 **Monday Movie Madness: "The Judge" Movie begins early due to length**
1:30 Board Games

Tuesday March 17

8:45 Strength & Stretch
9:00 PC one-on-one by appt
9:30 Cup of Conversation
10:00 Caregiver Support Group*
10:00 Stretch & Tone*
10:00 Walking Group
10:30 PC one-on-one by appt
12:30 Sewing Workshop
1:00 Trivial Pursuit Tuesdays
1:00 Interfaith Help Fund
1:00 Well Being Essentials
5:00 Commission on Disability
7:15 Evening Yoga

Wednesday March 18

8:20 Dynamic Fitness DVD
9:00 Beginning Digital Photography
9:30 Low Impact 1
9:30 Foot Care Clinic
10:30 Low impact 2
10:30 PC one on one by appt
11:00 Int/Advanced Digital Photography
11:30 Beginner Tap
12:30 Cribbage
1:00 Scrabble
1:00 Timeless Tunes
1:45 Preventing Falls Among Older Adults Presentation
2:00 Group Sing
2:45 Feldenkrais

Thursday March 19

8:45 Strength & Stretch
10:00 Stretch & Tone*
10:00 Wisdom Project
10:00 Walking Group
10:00 Knitting Drop In
10:30 PC one-on-one by appt
11:30 3rd year tap
12:30 2nd year tap
12:30 SHINE- *By appointment only*
1:00 Mahjongg
1:30 Sock Knitting
1:30 Intermediate Tap
1:30 BINGO
2:45 Tai Chi*

Friday March 20

8:20 Dynamic Fitness DVD
9:00 Benefits Counseling with Deb Hollingworth
9:30 Low Impact 1
10:30 Low impact 2
10:30 Nutritional Outreach Program
10:30 PC one-on-one by appt
12:30 Open Senior Bowling at Canal Lanes
1:00 Artist Reception for Jim Brady
1:00 **Film Noir***
1:00 Gentle Chair Yoga
1:00 Contract Bridge
1:00 Senior Gay Men's Drop-in Group
1:30 Chess
2:45 Yoga

Monday March 23

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:30 Creative Writing
10:30 Low impact 2
11:00 Computer Tutor
1:00 NeedleWorkshop
1:30 Board Games

Tuesday March 24

8:45 Strength & Stretch
9:30 Cup of Conversation
10:00 Caregiver Support Group*
10:00 Stretch & Tone*
10:00 Walking Group
10:30 PC one-on-one by appt
12:30 Sewing Workshop
1:00 Trivial Pursuit Tuesdays
1:00 Interfaith Help Fund
1:00 Well Being Essentials
7:15 Evening Yoga

Wednesday March 25

8:20 Dynamic Fitness DVD
9:00 Beginning Digital Photography
9:30 Low Impact 1
10:30 Low impact 2
10:30 PC one on one by appt
11:00 Int/Advanced Digital Photography
11:30 Beginner Tap*
12:30 Zumba Gold*
12:30 Cribbage
1:00 Scrabble
1:00 Timeless Tunes
1:45 Preventing Falls Among Older Adults Presentation
2:45 Feldenkrais

Thursday March 26

8:45 Strength & Stretch

10:00 Stretch & Tone*
10:00 Wisdom Project
10:00 Walking Group
10:00 Knitting Drop In
10:30 PC one-on-one by appt
11:30 3rd year tap
12:30 2nd year tap
12:30 SHINE- *By appointment only*
1:00 Mahjongg
1:30 Intermediate Tap
1:30 BINGO
2:45 Tai Chi*

Friday March 27

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:00 SNAP: by appt only
10:30 Low impact 2
10:30 PC one-on-one by appt
12:30 Open Senior Bowling at Canal Lanes
1:00 **Film Noir***
1:00 Gentle Chair Yoga
1:00 Contract Bridge
1:00 Senior Gay Men's Drop-in Group
1:30 Jim Spencer's Africa Trip
2:45 Yoga

Monday March 30

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:30 Creative Writing
10:30 Low impact 2
11:00 Computer Tutor

1:00 NeedleWorkshop
1:30 Board Games

Tuesday March 31

8:45 Strength & Stretch
9:30 Cup of Conversation
10:00 Caregiver Support Group
10:00 Stretch & Tone*
10:00 Walking Group
10:30 PC one-on-one by appt
12:30 Sewing Workshop
1:00 Trivial Pursuit Tuesdays
1:00 Interfaith Help Fund
1:00 Well Being Essentials
7:15 Evening Yoga
7:15 Financial Education: Take Stock in the Market

We are asking for your input. Please take a few minutes to look at the questions below and provide feedback with us when you are at Senior Services or via a note, phone message or email. (See below for contact information)

1. What types of programs would you like to see at Senior Services?

2. What time of day are you most likely to attend programming at Senior Services?

3. We are in the process of planning programs for fall and winter. Ideas for programs include a class on Chinese language and culture, a short stories class and others.

If any of these ideas interest you please let me know. I can be contacted at hcahillane@northamptonma.gov or 413-587-1307.

Come sing with us!

by Roy Faudree

March 18, 2:00pm

Join us in Song and Sing in the Spring!

Group Sing begins its 4th year of singers and non-singers alike meeting monthly at the Northampton Senior Center, 67 Conz St., to sing and enjoy popular songs of the 20th Century. Ken Maiuri is at the piano taking requests and accompanying the singing of folk, rock and American standards from Blue Moon to the Beatles. The idea for Group Sing began in 2008 when Roy Faudree, stage director of Young@Heart theater productions, began rehearsing the Chorus at the newly opened Senior Center and invited the public to attend open rehearsals and sing along. Group Sing is usually the first Wednesday evening of every month, but March 18th we're gathering at 2:00pm in the afternoon to sing together for a couple of hours just for the fun of it. Seniors age 50 and older are welcome. Lyrics are handed out and it's free. All you need to bring is your voice.

Group Sing is funded in part by Northampton Senior Services and Northampton Arts Council.

Veteran's Benefits Services...

by Joanne Brooks

Beginning in March, Paul Neville, volunteer for assisting with Veteran's Benefits Services will be at Northampton Senior Services & Senior Center, 67 Conz Street, Northampton, on the first Wednesday of each month from 9:15 am – 12:15 pm. This is a change in schedule for Paul but he will still be able to service our veterans. Call Senior Services at 413-587-1228 for an appointment.

All Hamptons Read

The public libraries in "the Hamptons" (East-hampton, Northampton, Southampton and West-hampton) have come together to organize All Hamptons Read, a community reading program based on Dashiell Hammett's "The Maltese Falcon". The book is the centerpiece of a variety of events and activities from March to late May.

For more information, go to www.facebook.com/AllHamptonsRead

REMINDER...

Please consider being a donor to our Donor Directory.

Your support allows us to continue the Conz Street Chronicle. For more information contact Joanne Brooks at 413-587-1227 or email jbrooks@northamptonma.gov

Senior Services Class Policies

- Participants are strongly encouraged to register at least one week prior to the start of a class or by the listed deadline
 - Payment is due at the time of registration.
 - We cannot accept \$100 bills.
 - Unless the class is cancelled by the Senior Services, there is no refund once a registration is made.
 - Make checks payable to: Senior Services, City of Northampton
- Please indicate what the payment is for.
- Participants must sign a liability waiver form for the City of Northampton if required for enrollment.
 - For some classes, one trial class may be paid for on a single basis.
 - In some cases, mid-month newcomers may pay for a portion of a month, otherwise participants must pay for each month in full. No drop-ins.
 - Instructors will not charge for holidays or scheduled days off.
 - Unless otherwise noted, if a refund is made there is a \$4 service fee.

Board Games & Trivial Pursuit...

Beginning in March board games and Trivial Pursuit will be available for play at the Northampton Senior Center, 67 Conz Street. Both resident and non-resident seniors are welcome. All participants must have a senior center scan card. See below for details of what's new.

On Monday afternoons at 1:30 pm, participants are invited to the bistro to play any of the games in the Senior Center's collection. Choices include popular favorites like Win, Lose or Draw, Scruples, Life, Sorry, Parcheesi, Scattergories, Monopoly, Clue and Pictionary. Participants are also welcome to bring their own favorite games.

On Tuesday afternoons at 1:00 pm, Trivial Pursuit will be set up for play in the bistro. Several different editions are available, including the original game as well as the 20th Anniversary Edition. There are also different sets of cards available including the All Star Sports Edition and Silver Screen Edition.

Participants are welcome to bring other friends along who are seniors to play.

REMINDER...

Please remember to get a scan card to participate in any of the opportunities at the Senior Services.

After you receive your scan card, it is important to us that you scan in. This assists us with understanding what programs are being attended and for funding. Thank You!

Join us on Sunday, March 15th 12:00 noon
Corned Beef & Cabbage Dinner
Tickets are \$10./pp.
Public is invited

SAVE THE DATE!

Upcoming events for 2015 at Senior Services

- "Kick the Tires" Van Campaign Updates each issue
- Annual Health & Safety Fair - May 7, 2015 from 10:00 am - 2:00 pm
- Volunteer Recognition Luncheon - Sunday, May 3rd at 11:30 am

Little Snipits!

-The winner of the Group Sing Basket was Betty Wolfson. Funds raised will benefit the monthly Group Sing at Northampton Senior Center

- Thanks to Girl Scout Troop 4500 for coming to sell their Girl Scout cookies at the Senior Center.

Volunteer Opportunities

by Crystal Cote-Stosz, Assistant Director

The Northampton Senior Center is currently taking volunteer applications for the following positions:

-Receptionist: Monday morning volunteer receptionist needed from 8:15am-12pm to answer phones, complete program registrations, financial transactions and data entry. The ideal volunteer enjoys working with diverse populations in a fast passed setting. For more information please contact Crystal Cote-Stosz at 413-587-1313 or ccotestosz@northamptonma.gov.

-Coffee Shop: Coffee Shop volunteers needed for Friday mornings 8:15-12pm. Volunteers are responsible for cash transactions, preparing and serving coffee, tea, bagels and pastries. For more information please contact Crystal Cote-Stosz at 413-587-1313

-Brown Bag Delivery Drivers: Volunteers are needed on the second Thursday of every month from 10:30-11:30am to deliver food for Brown Bag recipients. The Volunteer drivers will be responsible for transporting & delivering Brown Bags from the Northampton Senior Center to the homes of seniors who have food insecurities and are living in Northampton, Florence, and Leeds. Please call Crystal Cote-Stosz for more information at 413-587-1313 or ccotestosz@northamptonma.gov.

-Medical Transportation Drivers: Volunteers needed to transport seniors to medical appointments. Volunteers use their own vehicle and receive an untaxed stipend. Insurance coverage supplemented under the City of Northampton. For more information please contact Crystal Cote-Stosz at 413-587-1313

-Special Event Volunteers Needed: Volunteer servers are needed for the Senior Services Corned Beef Dinner on Sunday March 15th 2015. The ideal volunteer enjoys working in a fast paced setting and has food service experience. For more information contact Crystal Cote-Stosz at 413-587-1313 or ccotestosz@northamptonma.gov.

For more information on volunteering at the Northampton Senior Center, contact Assistant Director, Crystal Cote-Stosz at 413-587-1313 or via email at ccotestosz@northamptonma.gov.

Senior Center volunteers logged 1,158 hours from January 14th – February 14th 2015
Thank You to everyone who volunteered!

March 2015 Artist Profile...

by Jim Brady

Editors Note: Northampton Senior Services & Senior Center would like to welcome Jim Brady as the March Artist. Below is a short autobiography from Jim about his venture into art. Come to the Senior Center to view his work during March.

We did not have art at the school I attended in rural Ireland and growing up on a farm meant no mention of art whatsoever. Practicality and survival was the mode of the day.

I drew on my school book covers and thought that anyone could draw if they wanted to. I loved US comic books especially westerns and inspired by them, did drawings of gunfights on Main Street and covered wagons heading west.

I left school at the compulsory age of fourteen and joined the work force. Decades went past with no involvement with art.

Now, living in NYC I finally was able to enroll in an art class in Manhattan. I dropped out because the art teacher did not once even look at my painting.

Fast forward a few more decades with family, work and the ramifications of life to retirement. Now I finally had time to slow down, so one day I went into an art store and bought canvases, paints, brushes, some colored pencils. That was about five years ago. Now I have about twenty paintings and drawings and find it very relaxing to do a variety of different types of scenes. Enjoy them.

Join Jim at a reception on Friday, March 20, 2015 from 1:00 pm - 2:30 pm in the classroom at the Senior Center, 67 Conz Street, Northampton, MA.
Hope to see you there!



Nauset Lighthouse



Starry Night

Valentine Day Pancake Breakfast

by Patricia Shaughnessy

Many joined us for our Valentine Pancake Breakfast held on February 13th to celebrate the holiday as well as to raise funds for our “Kick the Tires” van campaign. Thanks to John Kaczewski, Jr. who cooked up the pancakes and sausage and to everyone who came to have fun and to support our event.



Thank You Deals & Steals

by Joanne Brooks



Above: Justin Quiles from Deals & Steals, delivers the boxes for the Nutritional Outreach Program.



Above: Felix Vega from Deals & Steals, delivers the boxes for the Nutritional Outreach Program.

Deals & Steals of Northampton has collaborated with Northampton Senior Services to provide a Nutritional Outreach Program which has helped between 20 and 25 seniors over the past year by providing a bi- monthly food distribution to Northampton area seniors who are in need of nutritional assistance

Here is some information from participants about how the program has helped them with their nutrition.

“Deals & Steals has provided a great supplement to my groceries. Not only are the products good and organic, they are twice as nutritious and healthy as other foods that I might eat. The Nutritional Outreach Program and Deals & Steals, has helped myself and others to sustain a healthier lifestyle. I would like to say thank you to them.” Yve Casta.

“I have a young man that I need to keep fed as well as myself. This programs really helps to keep all of us fed more than you know. This is an amazing program and is quite a blessing. Anyone who is in the program is blessed. Thank you Deals & Steals.” Anonymous

Northampton Senior Services & Senior Center would like to take this opportunity to say Thank You to Deals & Steals for working together to help in the community.

If you would like more information about this program, please contact Crystal Cote-Stosz, Assistant Director at 413-587-1313 or email ccotestosz@northamptonma.gov

Mass Association of Councils on Aging Announces Launch of New Benefits Counseling and Application Assistance Program

Counselors Will Help Older Adults to Cut Household Expenses

The Mass Association of Councils (MCOA) on Aging has contracted with the Northampton Senior Services to begin the immediate development of a new Benefits Counseling and Application Assistance program for elder households in Hampshire County. This new free service will boost the capacity of the Senior Center and other social services agencies in the region by training volunteer Benefits Counselors who will be able to help older adults learn about and enroll in programs that can cut monthly household costs.

“Two-thirds of elder households are economically insecure, as their income falls short of monthly expenses. Older adults cannot sustain such an imbalance forever. This program will help secure a more solid financial foothold for older adults who must take advantage of every cost savings strategy available to them or else outlive their savings,” said Mary Kay Browne, Director of Special Projects at the Mass Association of Councils on Aging. “Half of single elders only have Social Security for income. But, the average Social Security old age pension only covers between 42-62% of the true cost of living for elders in Massachusetts, depending upon their housing situation”, said Ms. Browne, citing research conducted by Wider Opportunities for Women, the experts who developed the Elder Economic Security Standard Index (Elder Index). The Elder Index reports how much income the average elder needs to cover basic and necessary household expenses.

Many elders who live in Franklin County have already benefited from this program. Franklin County Home Care Corporation developed the model program 4 years ago with funding from the United Way of Franklin County. Now, the MA Executive

Office of Elder Affairs has provided funding so MCOA and Franklin County Home Care can replicate the program in additional regions of the state. “Benefits counseling and application assistance has helped hundreds of people with food, energy costs and improving their home,” said Roseann Martoccia, Executive Director of FCHCC. “Each program has its own requirements and completion of applications can be daunting and complicated. That’s where the volunteers come in, they help to sort it out and make it manageable.”

Benefits counseling services are essential for understanding how to complete multiple, complex and confusing applications. Benefits Counselors are being recruited now; training will take place in in March and April and then Benefits Counselors will be deployed to work with consumers in May. If you are interested in volunteering for this job in Hampshire County, please contact Crystal Cote-Stosz, Assistant Director and Volunteer Coordinator at the Northampton Council on Aging at 413-587-1313 or ccotestosz@northamptonma.gov.

Founded 35 years ago, the Mass Association of Councils on Aging is a non-profit organization whose mission is to support the independence of older adults by advocating for programs and services to meet their needs, promote the growth and quality of services provided by the state’s 349 Councils on Aging and senior centers, and strengthen the professional skills of Council on Aging staff.

For more information, press only: Mary Kay Browne, MCOA, at 413-923-4161 or email marykay@mcoaonline.com or Crystal Cote-Stosz, Northampton Council on Aging at 413-587-1313 or email ccotestosz@northamptonma.gov.

Senior Services Meditation Garden Bricks Available With Your Own Personal Message Engraved

Bricks engraved with your personal message to be placed in our Frank and Mary Netto Meditation Garden are still available. Complete an order form which is available at the Senior Services reception desk. The message can be in celebration of someone, a special tribute, a memorial inscription or a special verse or quote. Once the brick is here, it will be secured in the Frank and Mary Netto Meditation Garden. The cost per brick is \$100.00. For more information contact Patricia Shaughnessy at 413-587-1231.

Thank You!

Items Donated to the Senior Services

Thank you to the following people, organizations and businesses for their generous donation to the Senior Services of the City of Northampton

Lee Phylborn, Liz Lesko, Ed Orzechowski, Patricia Kellogg, Sandra Stiles, Gloria Nicholls, Don Moran, Kathy Suchocki, Anita Goddard, Anne Moore, Karen Faszczka

Many Thanks!

Thank You for Your Donations

Without your donations, the Senior Services would not be able to continue to provide the programs, activities, services and opportunities. Thank you to all who contribute!

Mary and Alice Toohey in memory of Lucille Temple
Patte Shaughnessy and Harry Petrucci in memory of Vivian Eastman